

Connect with a wellness coach today

# Healthier tomorrows start here



## Your coach can help put you at the top of your health game.

Ready for a change but don't know where to start? Our wellness coaches are health professionals trained in proven coaching methods – and they're just a phone call away. You'll work with one dedicated coach who can help you overcome obstacles that are holding you back and achieve your health and wellness goals.

### Work with your wellness coach to reach healthy new heights. It can help you:

- Achieve a healthy weight
- Stop using tobacco
- Become more active
- Reduce stress
- Eat healthier

### What are you waiting for? Take the first step.

Call **1-866-862-4295**, Monday through Friday, from 7 a.m. to 7 p.m. Pacific time, to make an appointment. Coaching is offered in English and Spanish,<sup>1</sup> no referral is needed, and there's no charge for Kaiser Permanente members.<sup>2</sup>

<sup>1</sup>Spanish-speaking wellness coaches are not available in Hawaii.

<sup>2</sup>Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente care team (not available for Kaiser Foundation Health Plan of Washington members at this time).

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

### Real people, real results

Wellness coaching has helped thousands of Kaiser Permanente members reach their health and wellness goals.\*

**80%**  
increased physical activity

**80%**  
ate healthier

**79%**  
reduced their stress

**65%**  
quit tobacco

**64%**  
achieved or maintained  
a healthy weight

\*After 2 or more sessions  
with a coach.

Source: Kaiser Permanente internal data

[kp.org/coaching](https://kp.org/coaching)

 KAISER PERMANENTE®